



## Leon County Senior Outreach February/March 2011

### Bradfordville

**Bradfordville Senior Day:** Wed, Feb 9 & Mar 9, 10:30 am - 12:30 pm. Wildwood Presbyterian Fellowship Hall, 100 Ox Bottom Road. Suggested \$6 lunch donation.

**Historic Bradfordville Schoolhouse, 3439 Bannerman Road**

**Draw With Your Eyes, Paint With Your Heart:** Wed, Feb 2 - Mar 9, 1 - 4 pm (6 weeks). Skill level: beginning/intermediate. \$48 (55+); \$60 (under 55). Registration required. Call 891-4016.

**Lifelong Learning Series:** TechnoMania. Fri, Feb 18 - Mar 11, 10 - 11:30 am (4 weeks). Suggested \$2 donation.

**Senior Fitness Beginners:** Tues. & Thurs, 10:30 - 11:15 am. Suggested \$2 donation.

**Senior Fitness Intermediate:** Tues & Thurs, 11:30 am - 12:30 pm, Suggested \$2 donation.

**Senior Fitness - Afternoon Class:** Tues & Thurs, 1 - 2 pm. Suggested \$2 donation.

**Social Bridge:** Every Mon, 1 - 4 pm. Suggested \$1 donation.

### Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

**Chaires-Capitola Senior Day:** Tues, Feb 22 & Mar 22, 10:30 am - 12:30 pm. Suggested \$6 lunch donation.

**Drawing and Painting Workshop:** Wed, Feb 2 - Mar 9, 1 - 3:30 pm (6 weeks). Skill level: beginning/intermediate. \$48 (55+); \$60 (under 55). Registration required. Call 891-4016.

**Senior Fitness Class:** Mon, Wed & Fri, 9:15 - 10:15 am. Suggested \$2 donation.

**Bollywood Fitness:** Tues & Thurs, 9 - 10:00 am. Suggested \$2 donation.

### Fort Braden

Fort Braden Community Center, 16387 Blountstown Hwy.

**Fort Braden Senior Day:** Tues, Feb 15 & Mar 15, 10:30 am - 12:30 pm. Suggested \$6 lunch donation.

**Beginning Painting with Oils & Acrylics:** Thurs, Feb 3 - Mar 10, 2 - 5:00 pm (6 weeks). Skill level: beginning. \$48 (55+), \$60 (under 55). Registration required. Call 891-4016.

**Senior Fitness Class:** Mon & Wed, 10:30 - 11:30 am. Suggested \$2 donation.

**Zumba:** Mon, Tues, Wed, Thurs, 6:30 - 7:30 pm. \$2 (55+), \$3 (under 55).

### Miccosukee

Miccosukee Community Center, 13887 Moccasin Gap Road

**Miccosukee Senior Day:** Thurs, Feb 3 & Mar 3, 10:30 am - 12:30 pm. Suggested \$6 lunch donation.

**Bus Trip to WalMart:** Friday, Feb 4 & Mar 4, 10:00 am - 12:30 pm. \$2 round-trip.

### Woodville

Woodville Community Center, 8000 Old Woodville Rd

**Woodville Senior Day:** Thurs, Feb 10 & Mar 10, 10:30 am - 12:30 pm. Suggested \$6 lunch donation.

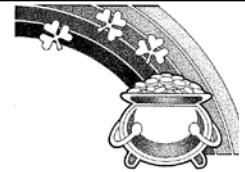
**Senior Fitness Class:** Mon and Wed, 8:30 - 9:30 am. Suggested \$2 donation.

Don't forget to bring a canned good to the next Senior Day! Donations benefit the food pantry at Elder Care Services. Thanks for your generosity!



## Calendar of Events

Call 891-4065 or 891-4033 for More Information



### Grandparents as Parents (GaP)

**GaP Support Lunch Meeting:** Wed. Feb 23 and March 30, 11:30 am - 1 pm. Leon County Public Library, 200 W. Park Ave. Program Room A. Complimentary lunch provided. RSVP Required! 891-4041.

**GaP Support Evening Meeting:** Tues, Mar 8, 6:00-7:30 pm, First Presbyterian Church, 110 Adams Street. Complimentary child care and dinner provided. **RSVP required!** 891-44041.

Email [wendy.halleck@talgov.com](mailto:wendy.halleck@talgov.com) or call **891-4041** if you would like more information or to RSVP for the events above. Thank you for early RSVPs. It helps us to plan!

**Bradfordville Lifelong Learning  
presents**

## TechnoMania

Engaging presentations on the latest technology  
with instructors from FSU's Strozier Library

**Fri, Feb 18:** Get the scoop on easy-to-use **digital cameras and camcorders**. Create a short video and learn how to upload it to YouTube. Open discussion about all things photographic.

**Fri, Feb 25: Smartphones.** What are they, and why would anyone want one?

**Fri, Mar 4: Social Networking & Blogging.** Overview of social networking includes demonstrations. Participants will have an opportunity to create a Facebook profile.

**Fri, Mar 11: eBooks.** All you want to know about Kindles, Nooks & Sony Readers. Also explore eBooks available at the public library and versions of software that can be used with computers or smartphones.

Bradfordville Historic Schoolhouse, 3439 Bannerman Road  
10 - 11:30 am

No Reservations Required.

Call Susan Davis @891-4065 for more information.

**Come Join the Fun!**

Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, appreciates the support and sponsorship of many local businesses, some of which attend Senior Day events as exhibitors. However, it is our policy not to endorse, recommend or favor any specific services or products. Attendance at our events does not constitute an endorsement from the Tallahassee Senior Foundation or the Leon County Senior Outreach program.